



HOME WORKOUT: TO BE COMPLETED EACH DAY APRIL 14-17, 2020

Objective: To maintain fundamentals and sharpness of skillset while being at home. Program is designed assuming no access to a basketball hoop. If you have a basketball hoop, target 200 makes per day of various shots at game speed with proper shooting form. Workout is designed as a minimum. Feel free to do more.

Equipment needs: 2 basketballs

2-Ball Ball-Handling (175 reps of each...wide/low stance entire time...knees/hips bent...back straight)

- Same time
 - Drive ball in to ground as hard as possible
- Alternating
 - Drive ball in to ground as hard as possible (one ball comes up while the other goes down)
- Baby dribbles
 - Both basketballs in low/baby dribbles. Use fingertips to keep dribble fast
- Shoulder dribbles
 - Stay in stance, but pound basketballs up to shoulders. Catch and fire back down
- L hand low / R hand high
 - L hand in low/baby dribbles...R hand pound up to shoulder
- R hand low / L hand high
 - R hand in low/baby dribbles...L hand pound up to shoulder
- R hand front to back
 - Ball in L hand dribbles regular while ball in R hand dribbled front to back motion alongside R leg
- L hand front to back
 - Ball in R hand dribbles regular while ball in L hand dribbled front to back motion alongside L leg
- Figure 8
 - Quick dribbles around legs... switch hands when ball goes through leg...around both legs = 1 rep
 - One ball stays in front the entire time while the other ball constantly going around legs

Chair Form Shooting (50 reps with R hand and 50 reps with L hand)

- When going in to "shot", push through legs and power up in to shot without dropping "L" to a "V"
 - Chair – Sit on edge of chair with back straight. Back should not touch back rest of chair
 - Feet - Make sure feet are shoulder-width apart and toes/knees facing forward
 - L – Make L with shooting arm...elbow under ball...ball touching knuckles out to fingertips
 - Hand - Place non-shooting hand directly on side of basketball...fingers facing up
 - Shot - Power through legs...snap elbow/wrist...roll ball off fingertips...hold follow-through

Footwork (line drill...emphasis on quick bursts off the ground...immediately jump once feet touch ground)

- Find a line on the ground to use as a marker...complete 3 sets of 10 seconds for each exercise
 - Emphasis on speed/bursts...try to beat your number of jumps from the previous set.
 - Side-to-side
 - Jump over line in a side-to-side motion
 - Front-to-back
 - Jump over line with feet going forward one direction and backwards the other direction
 - Scissors
 - Start L foot in front of line and R foot behind the line
 - Quickly switch feet so R foot is now in front of line and L foot is behind the line





- Continue to rapidly alternate feet so they are always opposite each other

Reading Material (older articles that are still relevant today)

- <https://www.usab.com/youth/news/2012/08/2coaching-mistakes-you-may-be-making.aspx>
 - Very similar to Showcase philosophies and how we teach the game. A focus on fundamentals and player development that allows players freedom to make mistakes and play “freely”.
- <https://www.usab.com/youth/news/2012/08/why-you-should-ignore-player-rankings.aspx>
 - Even more pertinent today. Many studies show a large portion of child drop-out rates in sports is due to pressures of prestige (winning, rankings, etc.). For a child to continue to develop, they must enjoy playing the game. As mentioned in the article, emphasis on winning/rankings creates complacency by the majority of players finding success at an early age.
 - Players/teams are trained/coached completely different depending on the focus. If the focus is on long-term player development (as they are in Showcase), players are allowed to make mistakes, try new things, and build confidence to grow their game against better competition. If the focus is winning immediately (which Showcase disagrees with), short cuts come in to play that have lasting implications. Teams will purposely play weaker teams or lower divisions to look good, players will be restricted to certain roles and not allowed to grow their game, and game play will be heavily directed to the one or two best players on the team.
 - Major detail not mentioned in article: “ranking” platforms are typically owned by camp or tournament organizers. It is a recruiting tool they use to attract families/teams to enter their events. They will only “rank” players/teams that pay to enter their event, and many will charge an additional fee to the family to “rank” their child. As we’ve presented before, we do not know a single college or pro coach/scout who cares or is even aware of youth rankings prior to high school. These are money-making platforms designed to attract families to their events.

Video Review (Chris Paul paint touches)

- <https://www.youtube.com/watch?v=p6WWCtROadk>
- Things to watch:
 - Paint touches
 - Constantly trying to make decisions once inside the paint
 - Getting to the paint forces defenders to lose vision of their man, creating open shots
 - Physical
 - Constantly attacking the body of his defender...not shying away
 - Stops and holds his defender when the opponent gets stuck behind him
 - “Nash” dribbles (dribbling under the basket along the baseline)
 - Upon getting to paint, will continue to dribble under the basket if no easy play available
 - This confuses defenders and helps them lose track of who they are guarding
 - Creates openings/angles for teammates to cut/slice towards the basket

Challenge

- Lay-Up Challenge
 - Place cone or chair where elbows (corners of FT line) would be in comparison to your basket.
 - Dribble cone/chair on R side, attack the basket, then shoot a lay-in. Repeat on the L side.
 - Continue this action, as fast as you can, for 1 minute. Track of how many lay-ins you make.
 - Tag @showcase_bball and #ShowcaseSkills (profile must be public to be shared in our “story”)

Feedback

- Tag or DM @Showcase_BBall...for questions about drills, please email jeff@showcasebasketball.com

